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Japanese Egg Sandwich (Tamago Sando) たまごサンド

30 MINS

by
[Nami](#)[ko](#)
[Hiras](#)[awa](#)[Chen.](#)Updat
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Easy Japanese Recipes for Everyday Home Cooking

Konnichiwa, I'm Nami. Born and raised in Japan, I'm the founder and recipe creator behind Just One Cookbook, the largest English-language website for Japanese recipes. Since 2011, I've tested and shared 1,200 authentic, easy-to-follow recipes with step-by-step photos to help anyone cook delicious Japanese food at home.

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With egg salad tucked between slices of white bread, Japanese Egg Sandwich (Tamago Sando) is a timeless snack you can find in every convenience store in Japan. The creamy filling is bursting with a rich egg-yolk flavor and the shokupan slices are soft and pillowy. Some claim it's the absolute

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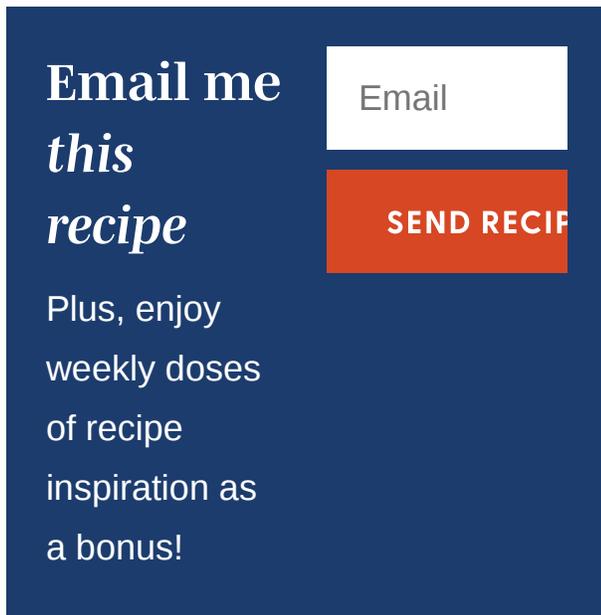


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*best egg
salad
sandwich
they've ever
tasted!*





Sandwiches are not a new thing in the world of Japanese cuisine, but they seem to be having their moment right now. One particular sandwich that makes it to international stardom, which honestly took me by surprise, is **Tamago Sando** (たまごサンド).

It is basically the grab-and-go Japanese egg sandwich that is sold everywhere at *conbini* (sometimes spelled as *konbini*; コンビニ; convenience stores) in Japan. Have you tried it before?

I finally understood its popularity when I found out the legendary Anthony Bourdain [glorified Tamago Sando](#) over Twitter. “Inexplicable Deliciousness” were his words. Now, let’s take a look at how to make the best egg sandwich at home!

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- What’s the Difference between American and Japanese Egg Sandwich?
- Key Ingredients for Japanese Egg Sandwich

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What is Tamago Sando?

Japanese egg sandwich *Tamago* (たまご) means eggs and *sando* is short for **san-doh-itchi** (サンドイッチ)— sandwich in Japanese. You probably heard of both words from [Onsen Tamago](#), [Tamagoyaki](#), Tamagotchi (the nostalgic toy!), and [Katsu Sando](#) or [Wanpaku Sando](#) from my blog.



The egg sandwich is pretty much a homey snack to the Japanese because we all grow up eating it. It is a modest, low-maintenance, convenience store sort of food. I don't exactly know when tamago sando became so popular internationally, but I've been seeing it on the menu of trendy cafes and restaurants in the U.S.

Even Just One Cookbook readers tell me how much they miss the egg sandwich from 7-Eleven, Family Mart, and Lawson convenience stores in Japan. Only \$2 for each sandwich! You can't beat that.



What's the Difference between American and Japanese Egg Sandwich?

In comparison to American-style egg sandwiches, Japanese egg sandwich is a lot simpler. Usually just mashed

boiled eggs between the bread.
There is no cheese, no mustard, no onions or lettuce, no ham or bacon. It's as pure as an egg salad sandwich can get. I actually do like the American-style egg salad sandwich too and I'd say both versions have their own unique flavors.

Key Ingredients for Japanese Egg Sandwich

So what's all the fuss about the Japanese egg salad sandwich? I think you can say it stands out because of these characteristics:

1. Shokupan (Japanese Milk Bread)



Tamago sando always uses soft and pillowy **Shokupan (Japanese Milk Bread)**. The sandwich bread is sweet, milky with a nice bounce, and the crust around the Pullman is completely removed so you get the perfect soft texture of a sandwich.

2. Kewpie Japanese Mayonnaise



And of course, the mayo. Tamago sando uses Japanese mayonnaise (with Kewpie mayonnaise being the most recognizable) which gives the egg filling an extra tang and creaminess. If needed, you can use American mayonnaise, but the flavor complexity can be quite different. Many Just One Cookbook readers told me that they won't go back to American mayonnaise after trying Japanese mayo.

It's worth grabbing a bottle of Japanese mayonnaise at your local [Asian grocery stores](#) (available on [Amazon](#) too). Otherwise, you can try my [homemade recipe](#).

3. Eggs

Needless to say, eggs are the main ingredients in the egg salad sandwich, and the taste of eggs totally shines through. There is something about Japanese eggs. They are fresh and the yolk is almost orange, and they are so darn delicious. In the US, you can certainly procure some quality eggs from your local farmers' market or good-quality free-range eggs.



Ingredients You'll Need

- **Quality eggs**
- **Shokupan (Japanese milk bread)*** – [homemade](#) or store-bought from Asian bakery/grocery stores
- **Salted butter**
- **Seasonings:** sugar, salt, black pepper, milk, Japanese mayonnaise

***Substitution:** If you really couldn't find Japanese milk bread, you could use brioche or soft white bread.

Overview: Cooking Steps

- 1 Boil the eggs (can be prepped in advance).
- 2 Peel and mash the eggs. Add all the seasonings and mix well.
- 3 Assemble the egg mixture over the bread slices.
- 4 Cut the crust off for the standard presentation and serve.

It's really as simple as that.



The Secrets to Making Perfect Egg Sandwich At Home

I want to throw in a few cooking secrets to make the perfect tamago sando at home. You may think the 7-Eleven egg sandwich is *perfect*, but if you look at the label on the sandwich,

the ingredients are full of preservatives. To make the truly *perfect and healthy* homemade Japanese egg sandwich at home, here are my tips:

- **Use older but quality eggs**, not the freshest eggs, if you want to peel the shells easily.
- **Add milk** for a creamy and smooth texture
- **Don't be afraid to add salt.** For a simple dish like this, salt plays an important role in bringing out the flavors.
- If you want your sandwich to taste very much like the 7-Eleven version, **add a tiny bit of sugar** for some sweetness. Otherwise, you can skip it.
- **Don't skip the butter.** It acts as a waterproof barrier so the bread stays dry, not soggy.

If you are used to eating the 7-Eleven egg sandwich in Japan, this homemade recipe will make you very happy. It is good with coffee or tea, but even better if you enjoy it with a cup of [royal milk tea](#).

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- [Katsu Sando \(Pork Cutlet Sandwich\)](#)
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4.71 FROM 385 VOTES



Japanese Egg Sandwich (Tamago Sando)



by [Namiko Hirasawa Chen](#)



With egg salad tucked between slices of white bread, Japanese Egg Sandwich (*Tamago Sando*) is a timeless snack you can find in every convenience store in Japan. The creamy filling is bursting with a rich egg-yolk flavor and the *shokupan* slices are soft and pillowy. Some claim it's the absolute best egg salad sandwich they've ever tasted!

🕒 **Prep:** 10 mins

🕒 **Cook:** 15 mins

🕒 **Resting:** 5 mins

🕒 **Total:** 30 mins

Servings: 2

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Plus, enjoy
weekly
doses of
recipe
inspiration
as a
bonus!

How to Make Japa...



Equipment

- [medium saucepan with lid](#)
- [airtight container](#)

Cook Mode Prevent your screen from going dark

Ingredients

1X

2X

3X

- 3 large eggs (50 g each w/o shell)
- ¼ tsp sugar
- ¼ tsp [Diamond Crystal kosher salt](#)
- ⅛ tsp freshly ground black pepper
- 2 tsp milk
- 2 Tbsp [Japanese Kewpie mayonnaise](#)
- 4 slices [shokupan \(Japanese milk bread\)](#)
(or make homemade [Shokupan](#); the same thickness as those from a square shokupan loaf cut into 8 slices)
- salted butter

Instructions

- 1 Gather all the ingredients.



To Make the Egg Salad

- 1 Put **3 large eggs (50 g each w/o shell)** in a medium saucepan and add enough water to cover by 1 inch (2.5 cm). Bring it to a boil on medium heat. Once boiling, cook for 12 minutes.



- 2 Once it's finished cooking, transfer the eggs to iced water to stop the cooking. Let them cool completely and peel the eggshells.



- 3 Transfer the peeled eggs to a bowl and mash with a fork. Try to mash the egg whites into small, same-sized pieces.



- 4 Add $\frac{1}{4}$ tsp **sugar** and $\frac{1}{4}$ tsp **Diamond Crystal kosher salt** to the eggs.



- 5 Add $\frac{1}{8}$ tsp **freshly ground black pepper** and **2 tsp milk**.



- 6 Add **2 Tbsp Japanese Kewpie mayonnaise** and mix very well. Taste and sprinkle more salt and pepper, if needed.



To Assemble the *Tamago Sando*

- 1 Set out **4 slices shokupan (Japanese milk bread)**. Spread **salted butter** on top of

each slice. For each sandwich, spread the egg salad on one of the slices.



- 2 Put the other slice of bread, buttered side down, on top of the egg salad. Place the sandwiches between two plates to compress slightly. Set aside for 5 minutes.



- 3 Cut the crusts off the bread. **Tip:** Don't throw away the crusts. Repurpose them to make [Shokupan Crust Rusks](#). These crunchy, buttery snacks are so delicious! You can make them now or freeze those crust strips and make them later.



- 4 Cut the sandwiches in half. They're now ready to serve.



To Store

- 1 You can keep any leftovers in an airtight container and store them in the refrigerator for up to 2 days.

Nutrition

Calories: 340kcal,
Carbohydrates: 26g, **Protein:** 14g,
Fat: 19g, **Saturated Fat:** 4g,
Trans Fat: 1g, **Cholesterol:** 285mg,
Sodium: 583mg, **Potassium:** 170mg,
Fiber: 1g, **Sugar:** 4g,
Vitamin A: 423IU, **Calcium:** 179mg,
Iron: 3mg

**Did you make this
recipe?**

Tag [@justonecookbook](#) on Instagram so we can see your delicious creation!

Editor's Note: This post was originally published on April 1, 2019. It's been republished with additional blog content on April 5, 2023.

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ミックスサンド

★★★★★ 36
50 minutes

★★★★★ 2★ 3
50 minutes 5 minutes

★★★★★ 10
30 minutes



About Namiko Hirasawa a Chen

Born and raised in Japan, I'm the founder and recipe developer behind Just One Cookbook, the largest English-language website for authentic Japanese recipes. Since 2011, I've shared over 1,200 easy, foolproof recipes with step-by-step photos to help you cook delicious Japanese

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4.71 from 385 votes

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163 Comments

NICOLE WALLACE

What an amazing recipe! My entire family is hooked! I'm an African-American woman born and raised in an African American household, and I absolutely love Japanese culture, but unfortunately, I'm not always able to share my love for Japanese culture with my family. This recipe has bridged the gap! My father specifically asked me to make this egg salad recipe every chance he gets. Thank you! 🍷

★★★★★

August 26, 2025 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Nicole! Aww, thank you so much for sharing your story. It truly brightened our day! 🥰

We're thrilled you tried Nami's recipe and got to share your love for Japanese culture and cuisine. We hope you continue spreading that joy with your family! Happy cooking!

August 27, 2025 Reply

EVELYN

Love the recipe. I'm just curious about the nutrition. This also kinda goes for other recipes on the site, but are the nutritional amounts listed for the entire thing, or only one serving?

July 11, 2025 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hello Evelyn! Thank you for trying Nami's recipe and for your kind feedback!

The nutrition data is approximately for one serving. So if the recipe says it makes 2 servings, the nutrition info reflects half of the total recipe. That said, it's just a general guideline and we recommend using it as a rough estimate. Hope this helps!

July 11, 2025 Reply

EVELYN

Thank you very much. Is it the same for other recipes on the site?

July 11, 2025 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hello, Evelyn. Yes, and the servings for each recipe are listed at the beginning of the ingredient list. I hope this helps!

July 13, 2025 Reply

CAL LAMPE

Thank you for the recipe. I just got back from Japan and had at least one of these every day. Now I need to figure out how to make the egg salad/teriyaki chicken sandwich that I also loved.



June 1, 2025 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi, Cal! Thank you for trying Nami's recipe. 🍷
We hope our website's recipe filter helps you find all of the recipes you need to make the sandwich you enjoyed! Happy cooking!
<https://www.justonecookbook.com/recipes/>

June 2, 2025 Reply

DOUG

Nice recipe, I like the essential ingredient forward style of Japanese cuisine anyway, so this was great. No

milk bread, but I think Sara Lee Artesano Brioche Bakery Bread is a reasonable substitute. Also, a pinch of togarashi instead of black pepper is a personal preference.

May 19, 2025 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hello, Doug. Thank you very much for trying Nami's recipe and sharing your experiences with us! A pinch of Togarashi sounds delicious as well. We'll give it a try next time! Happy cooking!

May 19, 2025 Reply

MICHAEL

Great recipe. I leave the pepper out for my kids but it has become a regular lunch for us. I was able to find Hotel Bread at my asian grocery store or I use thick white bread.



May 15, 2025 Reply

**NAOMI (JOC COMMUNITY
MANAGER)**

Hello, Michael! Thank you
for trying Nami's recipe!



We are happy to hear you
and your family enjoy the
Tamago sando!

May 16, 2025 Reply

SAM

Not sure what I did wrong, but this did
not remind me of the 7/11
sandwiches I ate while in Japan. This
recipe came out way too creamy for
me in the liquid sense. I was looking
more for the light fluffy texture.

I've made other recipes from this site
and they were amazing so this one
just isn't for me

December 16, 2024 Reply

**NAOMI (JOC COMMUNITY
MANAGER)**

Hey, Sam! We are sorry to
hear you didn't like the
sandwich.

It might be the difference
in eggs. The hardness of

the egg whites may also differ slightly. We hope you will try it again with a different kind of egg. Thank you for trying Nami's recipe and sharing your results with us.

December 18, 2024 Reply

PAMMIE

I just made it 30 mins ago and it really is a good recipe. it really tasted like the ones in Japan. Although I change milk and sugar with condensed milk. It tasted the same.



September 2, 2024 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Pammie! Thank you for trying Nami's recipe and sharing your experience with us!

We are glad to hear you enjoyed Tamago Sando!

September 3, 2024 Reply

JESSE GILMORE

I really like using a pastry blender to smash up the eggs. It tends to break them up pretty evenly and quickly.



July 30, 2024 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Jesse! Thank you for trying Nami's recipe and sharing your tip!

We are glad to hear the blender worked well for you! 🥰

July 31, 2024 Reply

KATHRYN

My quest to find the best egg salad recipe is over. This recipe is amazing.

Deserves 6 stars 🥰🥰🥰🥰🥰🥰



July 20, 2024 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi, Kathryn! Aww. 🥰 We are delighted to hear that you enjoyed it!

Thank you for trying

Namu's recipe and providing such great reviews! 🥰🍷

July 24, 2024 Reply

KIKEENA

I've been making this for years. It's amazing. A gentle flavour and soft texture.



April 27, 2024 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Kikeena! Aww. Thank you so much for your kind feedback!

We are so happy to hear you enjoyed Nami's recipe. Happy Cooking!

April 29, 2024 Reply

COLE

"There is no cheese, no mustard, no onions or lettuce, no ham or bacon. "

Interesting, because aside from mustard, I've never had an American

hardboiled egg sandwich with any of these ingredients. Must be regional.

September 13, 2023 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Cole! We hope you give this recipe a try! Thank you for reading Nami's post. 😊

September 15, 2023 Reply

PETER

Exactly. What the heck. The American version is identical to this.



March 28, 2024 Reply

EVE

Most of the egg salad sandwiches in my area have onion, either green onion or regular, sometimes celery or lettuce. Must be regional like the other commenter said

June 21, 2024 Reply

LAURA C

In Tokyo right now and making it for dinner. Also have a 7/11 one for comparison. Both are SOO GOOD !!
Thank you for recipe.



September 6, 2023 Reply

**NAOMI (JOC COMMUNITY
MANAGER)**

Hello, Laura! Aww. You are so fortunate to be able to sample and compare in Japan!

We're glad you liked Nami's Tamago Sando recipe! 😊

September 7, 2023 Reply

AUSHA

Could this made in advance? Like say the night before? THanks!

June 15, 2023 Reply

**NAOMI (JOC COMMUNITY
MANAGER)**

Hello, Ausha. Thank you so much for taking the time to read Nami's post and try her recipe!

Yes. You may prepare them the night before. We recommend wrapping them in plastic wrap and storing them in an airtight container to prevent them from drying out.

We hope you enjoy Tamago Sando!

June 15, 2023 Reply

CHRISTINE

I make something like this but I add a little bit of curry and sometimes we add lettuces or spinach leaves on it my whole family love it

April 8, 2023 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi, Christine! Thank you so much for trying Nami's recipe and sharing your cooking tip with us!

The curry flavor also sounds delicious. Happy Cooking!

April 10, 2023 Reply

AIRI

Very good !! Curing my longing for 7-eleven's tamago sando

I share it to my family and eat it immediately :)")

Next time i will refrigate it first to make it more like 7-eleven's sandwich

Thank you for the recipe!!



April 3, 2023 Reply

NAOMI (JOC COMMUNITY MANAGER)

Hi Airi! We are so happy to hear you and your family enjoyed the Tamago Sando!

Thank you so much for trying Nami's recipe and for your kind feedback!

April 4, 2023 Reply

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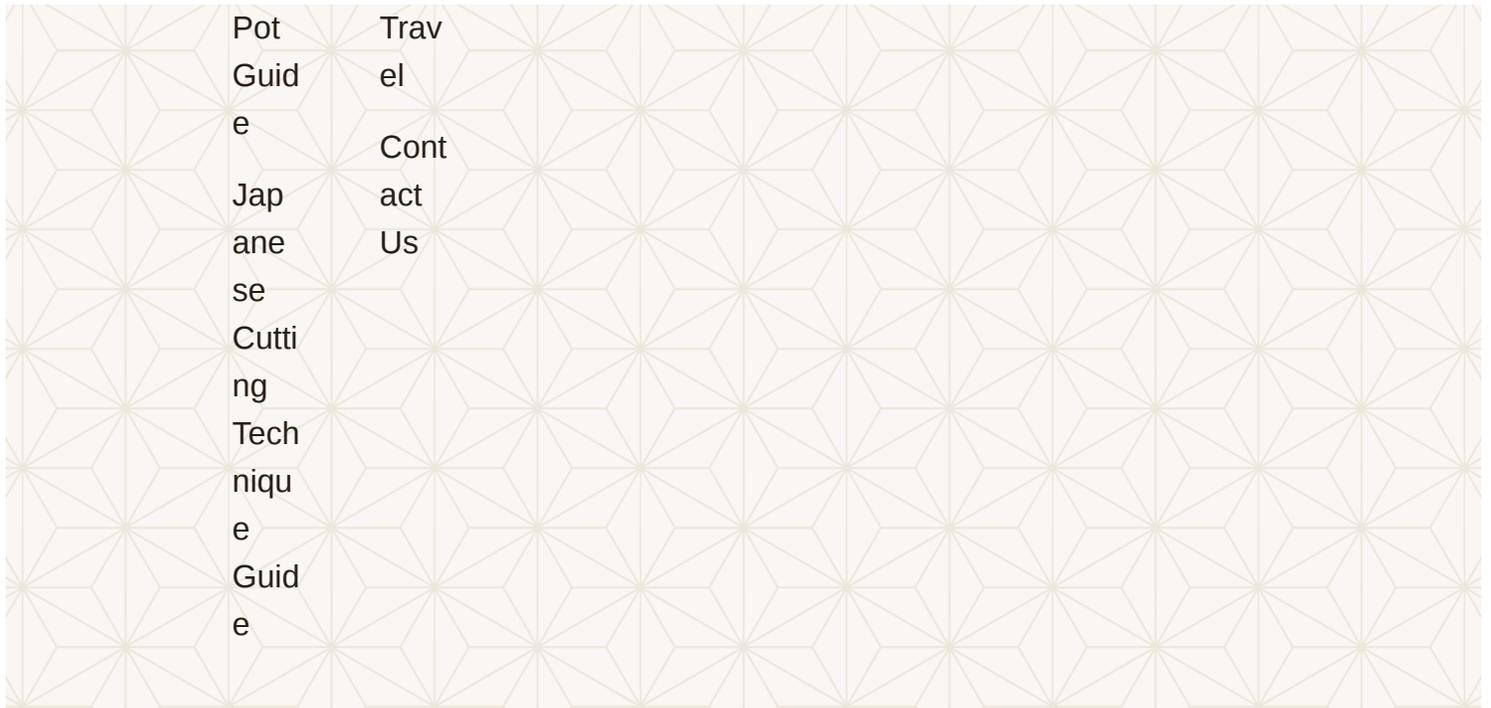
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